**LEVEL 3**

**(Green, Adv. Green, Brown, Adv. Brown, Level 3 Tester)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Stripe** | **Cycle 1** | **Cycle 2** | **Cycle 3** | **Cycle 4** |
| **Yellow** | Grab Defense #3   1. Attention 2. Lock hands 3. Elbows in 4. Step back 5. Strike 6. Back Stance | Pinion #3a  Squatting Position   1. Double-punch down 2. Hands to chest 3. Double back-knuckle 4. Double punch to front 5. Arms back to the L side 6. Circle arms (end: out-blk, hook punch position) 7. Back-knuckle + punch 8. Upward-cross block 9. Forward stance 10. Double punch 11. Hand up 12. Knee up 13. Kick + cover 14. Turn 15. Circle cover 16. Bottom fist, horse stance | Grab Defense #4   1. Attention 2. Arms in position 3. Step back 4. Switch arms 5. Step & backfist (back stance) 6. Back stance | Strikes 5:   * Shuto chop double long * Tiger claw * Bear claw * U-Punch * Ridgehand |
| **Orange** | Punch Defense #3   1. Attention 2. Table + Arms ready 3. Kick + Fist Strike 4. Switch & Grab 5. Step + Throw 6. Cover 7. Cross-over 8. Back knuckle 9. Slide up + Cover 10. Cross-over 11. Back knuckle 12. L Grab 13. Roundhouse punch 14. Step + kick 15. Back stance | Pinion #3b   1. Double punch to front 2. Arms back to the right 3. Cross over 4. Double punch to front 5. Pull back to the left 6. Chop 7. L side step 8. Punch 9. R side step 10. Elbow 11. Straight cover 12. Knee up 13. Shooting star 14. Double punch to front 15. Pull arms back to R side 16. Step 17. Upward block + punch | Punch Defense #4   1. Attention 2. R knee up; hands on sides 3. Roundhouse punch + front kick 4. Step forward + grab 5. Side-step 6. Sweep 7. Flip wrist 8. Low R front kick 9. R heel 10. R scoop/step under head 11. Break 12. R Back Knuckle 13. L step into Horse Stance 14. R stomp 15. R punch down 16. Back Stance | Pinion #4a  Squatting Position   1. L open hand out to side 2. L slash across 3. R hand punch down 4. Outward blk + punch 5. Double punch to front 6. Pull arms to R side 7. Outward blk + prep punch to L side 8. BK + punch to side 9. Pull arms back to L side 10. Outward blk + punch to front 11. Upper cross blk 12. Pull arms back |
| **Purple** | SD Combo #3  *vs. Rear choke (1 arm)*   1. SD Stance 2. Chin down, grab inside arm 3. Head-butt 4. Step to side & turn in 5. Elbow (backwards) 6. Hammer to groin 7. Stomp foot 8. Escape 9. Push 10. Distance | Pinion #3b   1. Cat stance 2. Push down 3. Peacock block 4. Step 5. Circle cover to the right 6. Spear-hand vert, cover 7. Cat stance 8. Blade of the hand block 9. Knee up, elbow up 10. Elbow smash 11. Pull back to left 12. Side step 13. Punch 14. Pull back to right 15. Side step 16. Punch 17. Cat stance 18. Push down 19. Back-knuckle 20. Horse stance   Finish Position | SD Combo #4  *vs. rear bear hug (over arms)*   1. SD Stance 2. Drop weight 3. Step to side 4. Hammer to groin 5. R leg steps + hammer to side of head 6. Elbow sideways 7. Grab + knee 8. Distance | Pinion #4b   1. L knee table to L side 2. Kick + L smash 3. Horse stance 4. Upper cross (L on top) 5. Pull arms back 6. R open hand out to side 7. R slash across 8. L hand punch down 9. Outward blk + punch 10. Double punch to front 11. Pull arms to L side 12. Outward blk + prep punch to R side 13. BK + punch to side 14. Pull arms back to R side 15. Outward blk + punch to front   Finish Position |
| **Blue** | Hook Kick  Ax Kick | Padded Stick Strikes | Defensive Sidekick  Defensive Spin Back Kick | Takedowns 1 + 2 |
| **Green** | Hook Kick + Ax Kick Counters  *(step forward; triangle step)* | Padded Stick Blocks | Defensive Side & Defensive Spin Back Kicks vs Attacks | Takedown 1 + 2 Counters |
| **Brown** | Hook + Ax Kick Sparring | Padded Stick Sparring | Defensive Side & Spin Back Kick Sparring | Takedown Sparring |
| **Level 3**  **Tester Belt: Fitness Set 3** | 15 Jumping Jacks  15 Mountain Climbers  15 Jump Squats  15 Knuckle Push-ups  15 Roman Sit-Ups  15 Lunges  Time: 3:00 minutes | | | |